



Cancer Awareness

Your best defense against cancer is awareness and prevention.

The Personify Health Cancer Awareness program is designed to develop a culture of health, create awareness, and ultimately prevent cancer and increase healthy outcomes through early screening and detection.

What you can expect from the program

If you or a covered dependent are due for one of the cancer screenings listed, we'll reach out with helpful information to make sure you get the care you need, when you need it.

Once you learn more, don't stop there! Pass it on, encourage someone else to get their screening done. You could save someone's life!

Types of screenings

- Colon cancer
- Cervical cancer
- Breast cancer
- Prostate cancer

Questions? Contact us at
CareManagement@personifyhealth.com.

Screening Information

Colon cancer

Colon cancer is the third most common cancer, but it's also one of the most preventable. Screenings can help find problems early, before there are symptoms, and when they're easier to treat.

Most people with an average risk of developing colon cancer should start screening at age 45. You may need to start screening earlier or more often if you have certain risk factors, like:

- A family history of colon cancer or polyps
- An inflammatory bowel disease, such as Crohn's disease or ulcerative colitis
- A genetic or hereditary colorectal cancer syndrome

Speak with your doctor about your screening options as well as when and how often you need to be screened.

Cervical cancer

Most women between the ages of 21 and 65 should get screened for cervical cancer. Screening early and often is important since most cases of cervical cancer have no symptoms or side effects early on. When cancer is caught early, cervical cancer treatment is more successful. If a screening finds abnormal cells, you can even prevent cancer from developing.

Most women with an average risk of cervical cancer should get their screening, also known as a Pap test, every three years. Talk to your provider to learn when you should start getting screened and how often.

Breast cancer

Breast cancer is one of the most common types of cancer among women, but it can be treated if caught early. Most women ages 40 to 74 should have a breast cancer screening, known as a mammogram, every two years. Depending on your risk factors and family history, you may need to start earlier or have more frequent screenings.

Regular screenings can detect cancer before there are any noticeable symptoms. Early detection means better chances of successful treatment. Talk to your provider to review your individual risk factors and find out when you should start screening.

Prostate cancer

Prostate cancer can be a serious disease, but with early detection and advances in treatment, men who are diagnosed with it have improved survival rates and outlooks.

Men with a family history of prostate cancer and those who are African American or Caribbean with African ancestry have an increased risk of developing prostate cancer and can start getting screened between ages 40 and 45. Those with an average risk can start at 50.

The best way to decide if (and when) you should get screened for prostate cancer is to talk to your provider.